



26th April 2021 / 26ain Ebrill 2021

Dear Parent/ Carer,

RE: Year 7 Feminine Hygiene Packs

We are writing to you with exciting information on the period poverty grant, and how we are choosing to spend it here at Milford Haven School to combat this sensitive issue.

What is 'Period Poverty'? Period poverty describes when a person cannot afford adequate resources needed when on their period. Sadly this means that a woman who is unable to afford or access sanitary wear when needed could be prevented from going to work, attending school or contributing to daily life. More harrowing is the fact that recent research has found over 49% of young women aged 14-21 in the UK have missed school because of their period, and 59% of those young women made up a lie to explain their absence. We are proactively working to ensure that not only do our girls have what they need to positively manage their periods, but also that they feel safe to have conversations with us and ask for help if needed.

Milford Haven School has worked proactively over the past 3 years to try and develop innovative solutions to tackle period poverty in our community. All other year groups have already received educational material and the opportunity for free resources, and so now we turn our attention to our current Year 7 girls to ensure that they have the same opportunity of support and resources that other pupils have already had.

Here at Milford Haven School we have chosen to focus our grant spend on products that support feminine hygiene including reusable items, this is in order to maximise the long term impact we can make. There are two stand out areas that reusable items will positively impact, finances and the environment. Attached is a leaflet that explains some of the positive ways reusable sanitary items can affect both our young girls and the wider world. The information leaflet also gives details of some of the reusable sanitary products that are now available and how they are used.

All of our female pupils in Year 7 are being offered the opportunity to receive a Feminine Hygiene Pack, the contents of which are aimed to help equip the girls with some of the basic supplies needed for a period and also to support positive body hygiene. The feminine hygiene packs will contain items such as- deodorant, hairbrush, reusable sanitary pads, face wipes etc.

We believe that the only way for our girls to make educated decisions for their bodies is for them to be well educated on all of the options available to them. For some of our girls single use products will be their preference and they are not only included in the packs but also

readily available in the Red Boxes around school. For some of our girls reusable products will be the best choice, and this is a fantastic opportunity for the girls to try reusable pads and experience the benefits without having to take on the initial costs. We feel that we have a moral obligation to ensure that our girls have fair access to period products. Period poverty is negatively affecting the education of some young people in our school community, and hopefully this project will make a positive difference to our girls!

Participation is completely optional, and if you feel like your child is not ready for or does not require the resource packs we are offering it is up to you to decide what is best for your own family. However, should you change your mind in the future, if you cannot find the information you need or if you have general questions regarding the 'Feminine Hygiene Packs' please feel free to contact Miss Baker here at school on the main school number or email gbaker@milfordhavenschool.co.uk.

If you consent for your child to receive a Feminine Hygiene Pack please complete the permission slip below. Pupils can bring their completed slips to Y Bont (next to Mrs Latham's Attendance Office) at 1.15pm on Friday April 30th 2021 or 1.15pm Friday May 7th 2021, here Miss Baker will exchange completed slips for a resource pack.

Diolch yn fawr.



Miss G Baker
Communications & Grants Officer

Ms CA Morris
Headteacher

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PLEASE RETURN THIS FORM TO MISS G BAKER
Location: Y Bont (next to Mrs Latham's Attendance Office)
When: 1.15pm on either Friday 30.4.21 or Friday 7.5.21

Pupil Name:.....

Form Group:.....

I give consent for my child to receive a 'Feminine Hygiene Pack' from MHS.

Signed.....

Relationship to child:.....